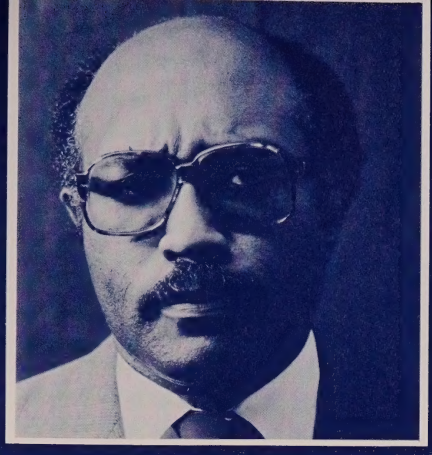


Treatment

To deal effectively with dys-stress, you must learn to be more in control of your thoughts, emotions, and physiological processes. Central to learning this self-control is relaxation training and learning how to replace negative, self-defeating thoughts with coping thoughts. Relaxation training may be facilitated by the use of biofeedback instruments and information on personal nutrition and exercise requirements. Individual counseling is part of our program for psychological problems associated with stress. If the personal evaluation of a person indicates a need for other Lakeview Center services, a referral will be made. This may include psychiatric services for medication and/or therapy, marriage and family counseling or vocational counseling.

Staff

The Dys-stress Management staff at Lakeview is trained and experienced in dealing with problems associated with dys-stress. Areas of training and experience include nutrition, physical fitness and body awareness, biofeedback, relaxation, psychological counseling and psychotherapy.

Facilities/ Summary

The facilities for the Dys-stress Management Program are planned to provide a quiet and peaceful oasis where you may find relief from pressures of the everyday world.

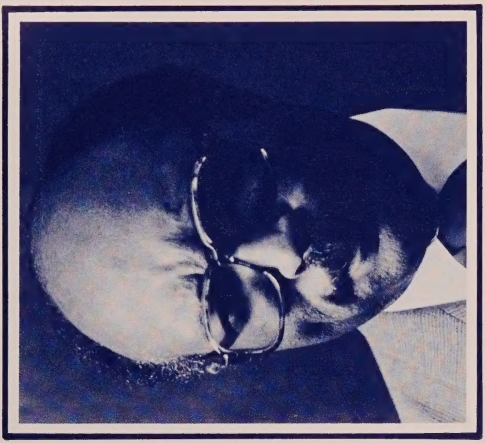
The Dys-stress Management Program works with you to assist in taking charge and gaining control of your life. To make this happen emphasis is placed on:

- Relaxation—learning how to lower arousal level
- Changing negative thoughts to coping thoughts
- Teaching alternative behaviors and attitudes for approach to life situations
- Good nutrition
- Proper kinds and amounts of physical exercise
- Counseling/Therapy

Dys-stress Management Program

Lakeview Center, Inc.

A program of Lakeview Center's Adult Development Program, 904/432-1222, West Lakeview Avenue, Pensacola, Florida 32501-1899. A Florida Corporation not for profit.



When is stress Dys-stress?

For More Information
Call Mary Anderson
Dys. Stress Management
432-1222, Ext. 238

Lakeview Center, Inc.

Lakeview Center, Inc.

1221 W. Lakeview Ave.
Pensacola, FL 32501-1899

Non-Profit Org.
Bulk Rate
U.S. Postage
PAID
Pensacola, FL
Permit #251

This brochure produced by Lakeview Associates.

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CLIR DHC Grant 2026-2028

https://archive.org/details/2174.01.30

Q: When is stress Dys-stress?

A: Dys-stress is when you experience physical and/or emotional discomfort due to an unhealthy level of stress. Some symptoms are:

- Rapid heart beat
- Excessive perspiration
- Tight neck and shoulder muscles
- Pain or discomfort in the stomach
- Headache
- Feeling impatient
- Mind filled with negative, "worrying" thoughts

Lakeview Center's Adult Development Service provides complete Dystress control training. We can make a difference.

Dys-stress Management Program

HOSPICE VOLUNTEERS

The use of Hospice Volunteers is fundamental to the hospice concept. Hospice Volunteers offers a wide range of services from the provision of ' professional services, to being a friend.

Hospice Volunteers are provided a twenty (20) hour training program. This program is designed to provide a good orientation to the duties, functions and responsibilities. Upon completion of the training program the volunteer becomes a member of a multi-disciplinary team. The Team provides needed support and assistance to the Hospice Volunteer and in conjunction with the volunteer to the patient/family unit.

The Team Chief (who is a Registered Nurse) works closely with the volunteer to meet the needs of the patient/family unit. She can counsel, assist and support the volunteer.

Hospice volunteers are afforded a program of in-service and continuing education.

Hospice Volunteers are needed to help the terminally ill. If you are interested please contact Hospice of Northwest Florida, P. O. Box 17887, Pensacola, Florida 32522 or call (904) 436-9153.

HOSPICE OF NORTHWEST FLORIDA

Hospice of Northwest Florida
P.O. Box 17887
Pensacola, Florida 32522

HISTORY

During the Crusades the Knights Hospitaller of the Order of Saint John of Jerusalem established Hospices as facilities to provide relief and comfort to the sick, poor and stranger.

Hospices are organizations that provide care, comfort, and compassion to the terminally ill and their family. It is our hope that we shall be able to assist the terminally ill and their family to accept death as part of life, and to provide them with comfort, love and caring services in their last days. Bereavement support is provided to the family.

Hospice of Northwest Florida was established by five (5) hospitals in the Pensacola Area. The State of Florida has issued a Charter to us as a nonprofit Corporation. We have received a Certificate of Need (CON). At the present time we are working on our application for a Hospice License.

We are coordinating the operations of the three (3) ongoing programs in our Hospice Service Area. Efforts are underway to expand from present operations to meet the need. This effort will be centered in the Pensacola Area initially and then expanded to serve other areas.

HOSPICE CARE

Hospice care is an approach to treatment that recognizes the impending death of an individual warrants a change in focus from curative care to pallative care.

The goal of hospice care is to help terminally ill individuals continue life with minimal disruption in normal activities while remaining in the home environment. A hospice uses an interdisciplinary approach to deliver medical, social, psychological, emotional, and spiritual services through the use of a broad spectrum of professional and other care-givers with the goal of making the individual as physically and emotionally comfortable as possible.

The hospice experience in the United States has placed emphasis on home care. It offers physician services, specialized nursing services, and other forms of care in the home in order to enable the terminally ill individual to remain at home in the company of family and friends as long as possible. In-patient hospice settings have been used primarily when there is no one in the individual's home to assist in his or her care, when the individual's pain and symptoms must be closely monitored in order to be controlled; or when the family needs a rest from the tedium and stress involved in caring for the individual (respite care).

It's
YOUR
Community

And it
needs
YOU
now.

Please give the United Way.

WINNERS...
ALL
OF US

United Way
Escambia County

What is United Way of Escambia County?

United Way of Escambia County is a local, non-profit organization. It is made up of volunteers who are trying to make Escambia County a better place to live by planning for future community needs, and then raising the money required to meet those needs.

United Way of Escambia County funds 20 human care agencies in the Pensacola area, ranging from the Red Cross, to Lakeview Center, to United Cerebral Palsy. It is a rare case to find an Escambia County citizen who has not been touched in some way by a United Way agency, because thanks to your contributions, United Way provides over 160 programs and services to more than 165,000 local people every year.

United Way is the key to the stability of our community, because it brings resources and needs together. It works for you, your family, neighbors and friends.

What happens to your donation?

The heart of the United Way rationale is this: we give here, it stays here, to help people here. 89¢ of every dollar contributed goes directly to agencies providing services, right here in Escambia County.

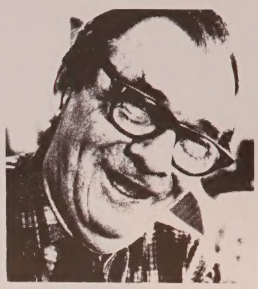
No matter how you look at it, when it comes to helping one another, there isn't a better more efficient way than the United Way. Better because it raises the largest amount of money, at the lowest possible cost, to provide services to the greatest number of people.

QUESTIONS? Write or call the United Way office.
1301 West Government St.,
Pensacola, FL 32501
(904) 434-3157

THANKS TO YOU, IT WORKS. FOR ALL OF US.

UNITED WAY OF ESCAMBIA COUNTY AGENCIES

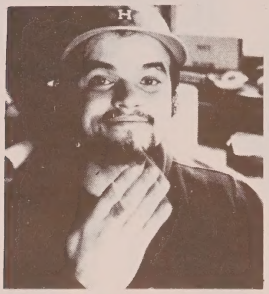
HEALTH AND HANDICAPPED SERVICES



Association for Retarded Citizens: Promotes welfare, assists in education, training, social life of mentally retarded children and adults; sheltered workshops, vocational training, infant and pre-school program, activity center, group homes. 434-2638

Epilepsy Society of Northwest Florida: Assisting persons with seizure disorders through diagnosis and evaluation, rehabilitation assistance. 433-1395

Lakeview Center, Inc.: Provides help in coping with life's problems through treatment, prevention and education services; family and personal counseling; child development; alcohol and drug counseling; HELP LINE, 24-hour confidential crisis call service - 438-1617, General number - 432-1222



Mental Health Association of Escambia County: Prevention of mental illness, improved care for mentally ill, promotion of mental health. 433-9879

Speech and Hearing Board: Provides financial assistance to needy citizens with speech and hearing impairments and require treatment and rehabilitation. 434-4957

United Cerebral Palsy of Northwest Florida: Provides assistance to persons with cerebral palsy and parents of children with cerebral palsy. Medical and orthopedic clinics, and adult activities program. 432-1596

Woman's Home: Home for ladies over 65. Thoughtful care and comfort. 432-4626

FAMILY AND CHILDREN SERVICES

Catholic Social Services: Family Counseling Service, non-denominational counseling in crisis, marital difficulty, addiction, budgeting - 438-8564. St. Joseph's Community Center, multi-faceted neighborhood programs in low income area, health clinic open every Tuesday and Thursday 3 - 7 PM. 434-2394

Children's Home Society Western Division: State-wide adoption agency. Service to natural parents, children, adoptive parents. Foster placement for retarded children. Teen pregnancy program. 476-3133

The Salvation Army: Family assistance, transient lodging and meals, correctional services, community center recreational activities. 432-1501

YOUTH GROUP SERVICES

Boy Scouts of America-Gulf Coast Council: Character building, citizenship training and physical fitness programs for boys 8-20 and girls 15-20. 476-6336

Boy's Club of Escambia County, Inc.: Varied program of physical, educational and social activities for boys and girls 6-18. 438-0996

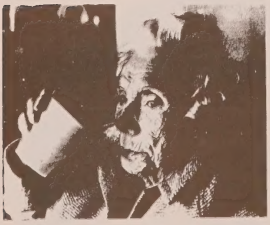
Northwest Florida Girl Scout Council: Provides programs for girls 6-17, with emphasis on character, conduct, patriotism and service. 434-1333

Escambia County Day Care Services: Provides child day care to low income families. 438-6094

Ninety & Nine Boys Ranch: Home for boys 12-17, needing group care due to emotional or dependency problems resulting from poor home situations. 968-9265

YMCA: Health, social, educational and character building activities for the family. Outreach programs for low income and troubled youth. Varied social and recreational program for servicemen. Main number 438-4406

YWCA: Programs for women and girls in educational, social action, health and recreation. Special emphasis on needs of youth in low income and minority areas. 432-5495



SPECIALIZED SERVICES

American Red Cross, Pensacola Chapter: Service to military families, disaster relief, hospital volunteers, first aid, water safety, education, nursing and health programs and youth services programs. 432-7601

Volunteer Pensacola: Central organization to develop and coordinate volunteer activities in Escambia County. 438-5469

Meals on Wheels Program: Part of Escambia County Council On Aging, provides a nutrition program designed for the home-bound elderly. 432-1475

THANKS TO YOU, IT WORKS. FOR ALL OF US.

Name

Firm

Address ZIP CODE:

EMPLOYEE NO. DEPT.

In consideration of the gifts of others, I/we pledge to the United Way of Escambia County Inc.

SUGGESTED GIVING

☐ SEE SCALE ON BACK

TOTAL PLEDGE $

PAID NOW $

BALANCE DUE $

PAYROLL PAYMENT

☐ Payroll deductions according to our Company Plan.

$_____ Per_____ Wk.—Mo.

$_____ deduct each Pay Day Per Scale

DIRECT PAYMENT

☐ Please bill me for the balance of my pledge as follows

☐ MONTHLY ☐ QUARTERLY

SIGNED_____

MAILING ADDRESS_____

DATE_____ ZIP

Contributions Are Tax Deductible

Make Checks Payable To:

UNITED WAY OF ESCAMBIA COUNTY, INC.

1301 W. Government St., Pensacola, FL 32501

SUGGESTED GIVING GUIDE				
Annual Income	% Of Income	Weekly Deduc.	Monthly Deduc.	Total Pledge
$ 5,000	.6	$ .57	$ 2.50	$ 30
7,000	.77	1.04	4.50	54
9,000	.92	1.60	6.92	83
10,000	1.00	1.92	8.33	100
12,000	1.05	2.42	10.50	126
14,000	1.10	2.96	12.83	154
16,000	1.14	3.50	15.17	182
18,000	1.17	4.06	17.58	211
20,000	1.20	4.62	20.00	240
25,000	1.25	6.00	26.00	312
30,000	1.33	7.69	33.33	400
35,000	1.50	10.10	43.75	525
40,000	2.00	15.38	66.67	800
45,000	2.50	21.63	93.75	1125
50,000	3.00	28.85	125.00	1500
Over $50,000	3.50			

Your one gift to the United Way will aid the handicapped, the aged, those who are sick, families in trouble, underprivileged children, young people who need care offered by the many United Way Agencies' Services.

MANNA FOOD BANK, INC.
A Private, Nonprofit Corporation
Post Office Box 2582
Pensacola, Florida 32513 (904)432-2053

October 14, 1984

Metropolitan Community Church
510 Massachusetts Ave.
Pensacola, FL 32505

Dear Pastor:

I am writing to seek your support for Manna Food Bank. If you are unfamiliar with Manna, it is a non-profit, non-government supported, non-sectarian agency designed for the sole purpose of providing food for indigent people and people with emergency needs. Since its beginning in January 1983, Manna Food Bank has collected and distributed 205,073 pounds of food and has helped 6,901 families. Support and food is received by Manna entirely from private sources, including some 38 churches of various denominations. The Food Bank receives referrals from many community agencies as well as a number of churches in Escambia County.

The Manna Food Bank is conducting a "Food for Families" campaign during the upcoming holiday season. Through this county-wide drive, which will encompass the combined efforts of churches, businesses and institutions in the area, the Food Bank goal is to collect 125,000 pounds of food. As a member of Manna Food Bank Board, I am working in the area of church involvement.

Why support Manna? As a churchman, I believe we grow as our love for God grows. And if love compels action, then certainly our love of God should excite our love and concern for our less-fortunate fellow man. What better way for churchmen with our individual God-given gifts of abilities, practices and differences to unite behind a wholesome, unselfish, well-run organization dedicated to relieving hunger in our community. I believe Manna Food Bank is such an organization, and it has earned and deserves our support.

We will appreciate your congregation giving prayerful consideration to supporting the Manna Food Bank "Food for Families" drive, to be conducted on or before the week of December 17. The emphasis of this drive is to collect non-perishable food, and there are a variety of methods which can be used to accomplish this goal.

I will be calling you soon to find out your response to our appeal, as well as answer any questions you may have concerning the Manna organization, or how you may want to participate in this worthy cause.

Sincerely,

Ron Sedlacek

MANNA FOOD BANK, INC.
A Private, Nonprofit Corporation
Post Office Box 2592
Pensacola, Florida 32513 · (904)432-2052

October 14, 1984

Metropolitan Community Church
510 Massachusetts Ave.
Pensacola, FL 32505

Dear Pastor:

I am writing to seek your support for Manna Food Bank. If you are unfamiliar with Manna, it is a non-profit, non-denominational, non-sectarian agency designed to serve this purpose of providing food for indigent people and people with emergency needs. Since its beginning in January 1983, Manna Food Bank has collected and distributed 1,673,273 pounds of food and has helped 6,201 families. Support and food is received by Manna entirely from private sources, including some 27 churches of various denominations. The Food Bank receives personal, community and agencies as well as a number of churches in Escambia County.

The Manna Food Bank is conducting a "Food for Families" campaign during the upcoming holiday season. Through this activity, which will encompass the combined [illegible] businesses and institutions in the area, the Food Bank goal is to collect 125,000 pounds of food. As a member of Manna Food Bank Board, I am working in the area of church involvement.

Why support Manna? As a churchman, I believe we grow as one love for God grows. And if love compels action, then certainly our love of God should excite our love and concern for our [illegible]. What better way for churchmen with our individual God-given gifts of ability, practices and differences to unite behind a wholesome, unselfish, well-run organization dedicated to relieving hunger in our community. I believe Manna Food Bank is such an organization, and it has earned and deserves our support.

We will appreciate your cooperation during [illegible] to be conducted on [illegible] before the week of December 17. The emphasis will be to collect non-perishable food, and there are a variety of methods which can be used to accomplish this goal.

I will be calling you soon to find out your response to our appeal, as well as answer any questions you may have concerning Manna Food Bank organization, or how you may want to participate in this worthy cause.

Sincerely,

[illegible]

Seville Historical District

RESTAURANTS • SHOPS
GALLERIES • MUSEUMS

1. Quayside Art Gallery

Original works of art by Pensacola area artists; oil paintings, acrylics, watercolors, ceramics, sculpture, photography, drawings, and wall hangings. 15–17 Zaragoza. Mon.–Sat. 10–5, Sun. 1–5. 438-2363. Hosts: Pensacola Artists, Inc.

2. Shanahan's/The Annex

A bar/restaurant featuring traditional and New Orleans Creole cuisine, a superb happy hour, dancing, cocktails on our patio, and our upstairs pool room. For private parties/business luncheons, contact Frances Chesnutt, 432-2930. 120 E. Main. Mon.–Sat. 11 til, Sun. 1 p.m. til. Happy Hour 4–7 Mon.–Fri.

3. Seville Quarter

A complete entertaining and dining complex. Rosie O'Grady's, Phineas Phogg's, Lili Marlene's WWI Aviator's Pub, End-of-the-Alley Bar and Seville Quarter Courtyard, Apple Annie's Courtyard, Coppersmith's Restaurant, and Palace Oyster Bar. Open daily from 11 a.m. 130 Government. 433-7436.

4. Heritage Shop, Inc.

Wildwood lamps and accessories, Williamsburg reproductions, oriental porcelain, framed prints, Crane stationery, Elsa Williams needlecraft kits, 18th and 19th century antiques. Mon.–Sat. 10–5. 226 E. Intendencia. 433-1525. Hostesses: Lynne Rhudy, Frances Patterson, Cindy Patterson.

5. Postacular

An art gallery of fine poster art, prints, limited editions, pottery, tapestries, collectibles, and handcrafted gifts. Custom framing and decorating. Mon.–Fri. 10–5, Sat. 10:30–4:30. 217 S. Alcaniz. 434-0204. Hostess: Peg Ricketson.

6. Golden Cricket

Good looking, easy-to-wear clothes, specializing in sportswear, at-home-wear, street and formal wear, jewelry, perfume, and gift items. Mon.–Fri. 10–5, Sat. 11–4. 304 E. Government. 434-2907. Hostess: Pat Griffith.

7. Wm. Cookson, Shoe Merchant

Fine women's shoes, menswear, and accessories. Imported leathergoods, including belts, wallets, purses, clothing, and much more. Mon.–Fri. 10–5, Sat. 10–4. 216 E. Church. 438-9353. Directed by Cookie Kichler and Poussinette Shane.

8. Brisch's of Seville

Quality merchandise at affordable prices. A delightful selection of day and career wear, lingerie, accessories, and party wear. Mon.–Fri. 10:30–5, Sat. 10:30–4:30. 21[illegible] Church. 434-5349. Hostess: Karen Saucier.

9. Favorite Finds

Handcrafted jewelry and contemporary clothing for the discriminating woman. Gifts, music boxes, walking canes, pottery, candles, hand-carved wood items, clocks an clock repair. 207 E. Zaragoza, 438-2744. Shopkeeper: Jackie Moore.

10. Petite Clothers of Seville

Moderate to better priced fashions and accessories for short-waisted women 5'4" and under. Missy Petite day and evening dresses and sportswear. 215 E. Zaragoza. Mon.–Sat. 10–5; or by appointment. 432-4899. Hostesses: Debra Wheeler, Gail Manning.

11. Hansel & Gretel Shop, Inc.

A warm welcome awaits you in a "Fairyland of Fashions" for tots through young juniors. You will find designer labels in smart sportswear. Special occasion dresses, suits, accessories and distinctive baby and birthday gifts. Mon.–Sat. 10–5. 223 E. Zaragoza. 433-8911. Hostess: Marguerite Agee.

12. Hamilton House Antiques & Crafts

Antiques and Collectibles. Country furniture, old pressed glass, china, silver, lamps, old toys, brass, and copper. Crafts and gifts for chiildren. We buy antiques. Selected consignments. Mon.–Sat. 10:30–4:30. 503 S. Adams St. 904-438-9350. Hostesses: Lorene Rodgers, Zelma Neal.

13. Waterfront Gallery

A fine selection of collector prints, lithographs, etchings, sculpture, wood carving and unusual gifts. Original works of art by local and national artists in all media. Tues–Sat. 10–5. 505 S. Adams, 433-4837. Hosts: Peg and Dave Gates.

14. Fiddlestix

A fantasyland for children…and the child in you. Unique gifts, dolls, animals, imported and educational toys, kites, presents personalized with the child in mind. Mon.–Sat. 10–4:30. 507 S. Adams. Hostesses: Diane Gup, Linda Pallin, Susan Ragan, Lynne Zorn.

15. E.J.'s Restaurant & Food Co.

Southern charms create the perfect setting for flavorful quiches, deli-sandwiches, hearty soups, a salad bar, and gourmet desserts. Catering available. Lunch, Mon.–Fri. 232 E. Main St. 432-5886.

16. The Shop for Pappagallo

Footwear, handbags, belts, ribbons, raincoats, and more. Classic casual dresses, skirts, sweaters, blouses, sleepwear and swimsuits. 209 E. Zaragoza, Mon.–Sat. 9–5:30. 434-6808. Owners: Shirley Gray, Susan Ozburn, Florence Hatfield.

17. Antique Alley

A unique shoping complex featuring quality antiques, collectibles, old-world handcrafted items ranging from needlework, folk art to printing, custom framing and repair, plus more to come. 207 E. Main. 438-1222.

18. Elaine's Kollection of Square Dance

Square dance dresses, crinolines, sissy-pants, shoes, western shirts and accessories for Milady. For him, western shirts, slacks, ties, belts, jewelry and shirts. 400 S. Alcaniz. Mon.–Fri. 10–5, Sat. 10–4. 433-4052. Hostesses: Elaine Olberding, Mary Ann Wesner, Barbara Horne.

19. Dabo's Carry Out Cuisine • Gourme

Valerie Hester and Linda Hale welcome the serious cook and gourmet. Daily menu for carry out from unusual soups, salads, and entrees to vegetables and delectable desserts. Unusual grocery items, gift baskets, coffees, teas, pates, cheeses, imported candies, delightful sandwich bar and pastry case. Catering. 431 E. Zaragoza. Mon.–Sat. 10–5. 433-1133.

20. The Clothes Horse

An elegant boutique catering to the discriminating woman. Designer collection for creative dressing. Mon.–Fri. 10–5, Sat. 10–4. 437 E. Zaragoza. 433-3778. Hostesses: Shirley Davison, Ann Bell, Sue Williams.

21. Studio 433

Stained glass studio and art gallery. Watercolors, ceramics, handmade paper, oil paintings, glass objects, weavings, etchings, functional pottery and stained glass works by artists and proprietor, Carol Hood. 433 E. Zaragoza. Tues.–Sat. 10:30–4:30. 434-2874.

22. The Kitchen Shoppe

A cook's delight! Meander through our bountiful collection of cookware, cutlery, porcelain, cookbooks, and gourmet gadgetry. Mon.–Sat. 10–5. 431 E. Zaragoza. 434-0065.

23. Gentlemen's Quarter of Seville, In

Fashions for men available in cotton, silk, and wool. From tailored clothing to sportswear. Find the unusual and traditional. Special orders are available. Mon.–Fri. 10–5; Sat. 10–4. 438-6690. Shopkeepers: Lisa Thomas, Gail Claytor. 429 E. Zaragoza.

24. Seville Boutique, Inc. Gifts & Acc

Boutique for the fashion conscious woman. Junior and Missy sizes. Mon.–Sat. 9–6. Fashion hostess: Linda Blass. 425 E. Zaragoza St. 432-2769.

25. Lady Lynn's

We offer fashion in two size groups—Missy and Women's. Sportswear, casual and after five dresses, lingerie, and accessories. Distinctive fashions in 10 plus. 421 E. Zaragoza St. 438-9144. Mon.–Sat. 10–5, later by appointment. Hostesses: Linda McCabe, Brenda Trent, Pearl Johnson.

26. Cleland Antiques

18th Century American furniture, both primitive and formal. Windsors, clocks, porcelain, paintings, copper and pewter. Mon.–Sat. 10–4. Appraisals and purchases. 432-9933 or 438-7090 (evenings). Appointments welcome. Hosts: Ora Lee, Cook Cleland. 212 E. Zaragoza.

27. Jamie's (French Restaurant)

Owners Ray and Nelle Reddish and Chef Elizabeth Dasher. Unique French cuisine. Menus and wine are according to market availability. Reservations 434-2911. Luncheon 11–2; Dinner 6–11. Closed Sundays and Mondays. 424 S. Zaragoza.

28. The Bean & Leaf Co. Pantry

THE LARGEST SELECTION OF GOURMET COFFEE BEANS AND TEAS IN NORTH FLORIDA. Silver Palate gourmet products, herbs and spices, mustards, vinegars, oils, carryout hors d'oeuvres, ethnic breads. Italian food items including the finest imported pstas. Chemex, Melitta, Krups coffeemakers and filters, espresso

October 14,

Metropolitan Community Church
510 Massachusetts Ave.
Pensacola, FL 32505

Dear Pastor:

I am writing to seek your support for Manna Food Bank. It is
are volunteer with Manna, it is a non-profit, non-denomina
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needs. Since its beginning in January 1983, Manna Food Bank
collected and distributed over 3,073 pounds of food. We have
5,301 families. Support for Manna Food Bank is received by many entit
from private sources, including some 70 churches. Donations c
combinations. The Food Bank actively accepts money com
ty agencies as well as a number of municipalities throughout Coun
:

The Manna Food Bank is conducting a "Food for Families" Camp
during the upcoming holiday season. Through this community-wide
drive, which will encompass the combined
businesses and institutions in the area, the Manna Food Bank hopes
to collect 237,000 pounds of food. As a member of Manna Food
Board, I am working in the area of church involvement.

Why support Manna? As a churchman, I believe we pray as our
for God proves. And if love compels action, then certainly o
love of God should excite our love and concern for our less-
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individual God-given gifts of abilities, practices and diffe
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variety of methods which can be used to accomplish this goal

I will be calling you soon to find out your response to our
as well as any questions you may have concerning the
organization, or how you may want to participate in this wor
cause.

Sincerely,

Jon Rodiack

and cappuccino machines. Mon.–Sat. 10–5. 314 S. Alcaniz. 433-8260. Hosts: Jo and John Glancy.

29. House of Accents & Candle House of Seville

GIFTS GALORE! Brass, copper, lamps, pictures, seashells, jewelry, CANDLES and soaps—scented oils—potpourri—men's gifts from the "Barbershop" collection—"Claire Burke" fragrance for the home and "Mary Chess" perfume. Mon.–Sat. 10–5. 423 E. Government. 438-6364. Hostess: Barbara Prince.

30. Designer Collections

Designer apparel for ladies at discounts of 30–70%! Dresses, sportswear, and shoes by Albert Nipon, Saks Fifth Avenue, Andrew Geller, Evan Picone, Diane Von Furstenberg, Lanvin, Pierre Balmain, Sasson, Bill Blass, Pappagallo, Ann Klein, and much more. Mon–Sat. 10–5. 425 E. Government. 432-6413. Hostesses: Evelyn McLeod, Denise McLeod.

31. Tall Elegance

Specializing in fashions for the feminine 5'7" and over or long-waisted. Dresses, sportswear, "after five" and rainwear. Mon.–Sat. 9:30–5:30. 416 E. Government. 433-2701. Hostesses: Donna MacMillen, Debbie Connelly.

32. The Mole Hole

An unusual gift store with items as unique as our name. Some of the most talented craftsmen in the country create exclusively for us. Handcrafted items, art, toys, games, and decorative accessories. Mon–Sat. 10–5. 208 S. Alcaniz. 434-7329. Hostesses: Sandra Espy, Ellen Lykins.

33. The Bean & Leaf Co. Restaurant

A delicatessen-tea room featuring gourmet sandwiches, salads, soups, desserts, quiches, crepes, espresso-cappuccino coffees. Catering and party trays. Mon.–Sat. 11–2. 200 S. Alcaniz. 433-8250. Hosts: Jo and John Glancy.

34. Galvez Books

A variety of out-of-print and hard to find volumes; pamphlets, maps and prints of interest to the collector. Specializing in Americana and West Florida history; out-of-print search service; appraisals; collections bought and sold. Tues.–Sat. 10–5. 208 S. Florida Blanca. 432-2874. Hostesses: Charlotte Krause, Alpha Maloney.

35. Zaragoza Place

A potpourri of shops. Imported linens and bath accessories, children's clothing, and a choice selection of ladies' sportswear, separates, coordinates and accessories, art works, photography, and handcrafted items. We also have crochet and knitted items, jewelry, gem trees, dolls, and much more. Mon.–Sat. 10–5. 512 E. Zaragoza. 433-9282.

36. Original Country Lore

The shop with something for everyone. Natural fiber and ethnic clothing, designed for the fuller figure. Handmade quilts, folk art, kitchen novelties, cookbooks, affordable items appealing to children and the Cabbage Patch Kids. 434-0837, 524 E. Zaragoza. Mon.–Sat. 10–5. Lynda and JoAnn.

37. Betsy Tyler's

Specializing in 18th Century stenciling • American folk art • floorcloths • iron • folk dolls • redware • game boards • shaker boxes • rag rugs • tin • quilts • period American furniture • herbs and everlasting flowers • stencil supplies and workshops. Mon.–Sat. 10–5, 555 E. Government, 433-3027. Hostesses: Carolyn Stapleton, Bonnie Bankester.

38. The Christmas Cottage

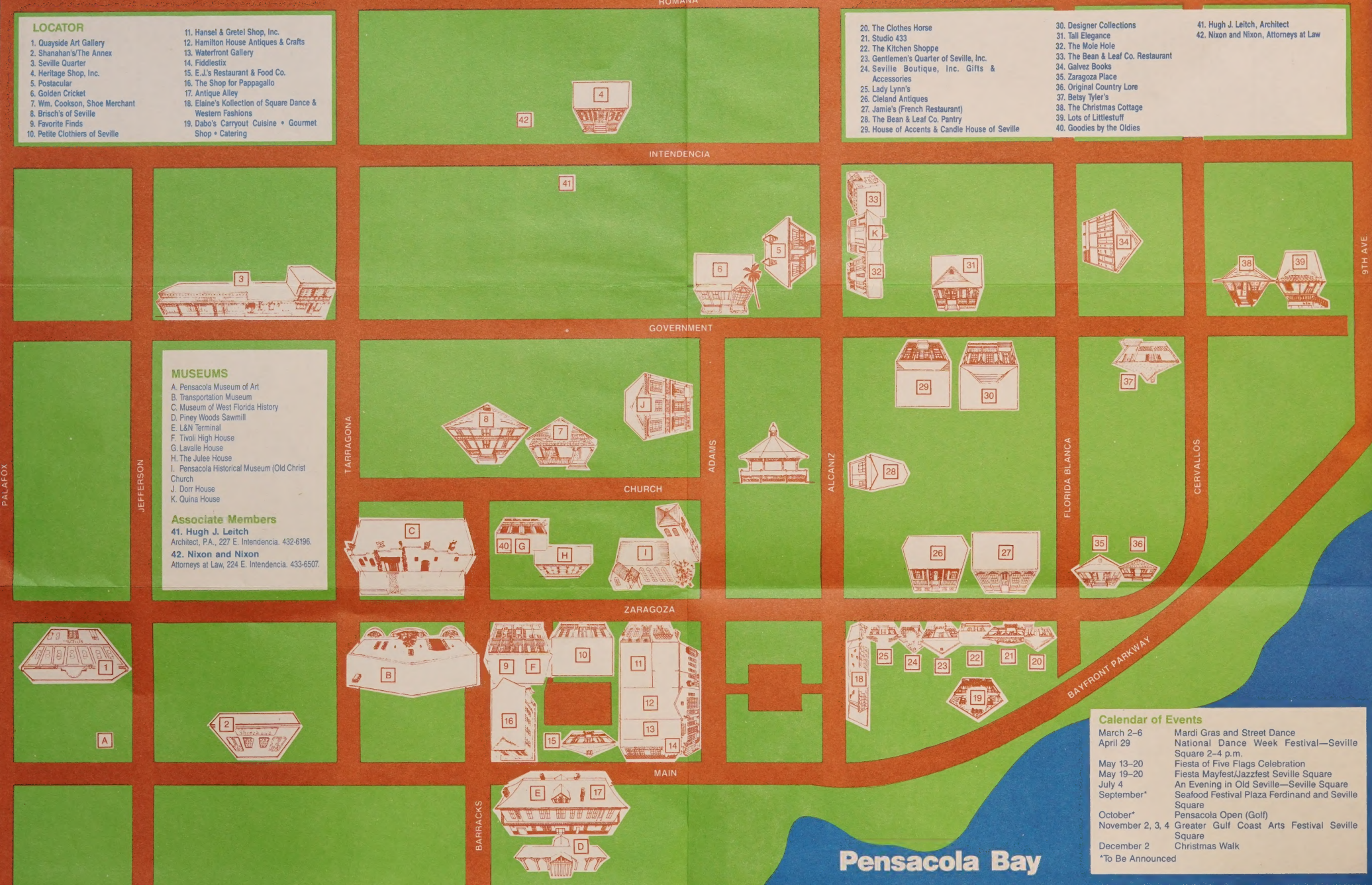
Seville's Holiday Boutique. Valentine — Easter — Halloween — Thanksgiving — Hanukkah — and, of course, Christmas. Steinbach — Roman — Erzebirge — Anne Lee Mobilitee Dolls, angels, navities, nutcrackers. Smoking men, unique gift wrap, cards, tags, and bags and ornaments. 618 E. Government. 434-6390. Hosts: Margie and Lester Dimmick.

39. Lots of Littlestuff

Dollhouses and miniature furniture, wallpaper, building supplies, carpeting, how-to books and hundreds of scale items for dollhouses and printer's trays. Visit our dollhouse room. Open Tues.–Sat. 10–5. 626 E. Government. 438-1500. Shopkeeper: Jane Deuel.

40. Goodies by the Oldies

A special shop sponsored by The Council on Aging and operated by senior citizen volunteers. Unique handcrafted items produced by our senior citizens.



LOCATOR

1. Quayside Art Gallery
2. Shanahan's/The Annex
3. Seville Quarter
4. Heritage Shop, Inc.
5. Postacular
6. Golden Cricket
7. Wm. Cookson, Shoe Merchant
8. Brisch's of Seville
9. Favorite Finds
10. Petite Clothiers of Seville
11. Hansel & Gretel Shop, Inc.
12. Hamilton House Antiques & Crafts
13. Waterfront Gallery
14. Fiddlestix
15. E.J.'s Restaurant & Food Co.
16. The Shop for Pappagallo
17. Antique Alley
18. Elaine's Kollection of Square Dance & Western Fashions
19. Dabo's Carryout Cuisine • Gourmet Shop • Catering
20. The Clothes Horse
21. Studio 433
22. The Kitchen Shoppe
23. Gentlemen's Quarter of Seville, Inc.
24. Seville Boutique, Inc. Gifts & Accessories
25. Lady Lynn's
26. Cleland Antiques
27. Jamie's (French Restaurant)
28. The Bean & Leaf Co. Pantry
29. House of Accents & Candle House of Seville
30. Designer Collections
31. Tall Elegance
32. The Mole Hole
33. The Bean & Leaf Co. Restaurant
34. Galvez Books
35. Zaragoza Place
36. Original Country Lore
37. Betsy Tyler's
38. The Christmas Cottage
39. Lots of Littlestuff
40. Goodies by the Oldies
41. Hugh J. Leitch, Architect
42. Nixon and Nixon, Attorneys at Law

MUSEUMS

A. Pensacola Museum of Art
B. Transportation Museum
C. Museum of West Florida History
D. Piney Woods Sawmill
E. L&N Terminal
F. Tivoli High House
G. Lavalle House
H. The Julee House
I. Pensacola Historical Museum (Old Christ Church
J. Dorr House
K. Quina House

Associate Members

41. Hugh J. Leitch
Architect, P.A., 227 E. Intendencia. 432-6196.

42. Nixon and Nixon
Attorneys at Law, 224 E. Intendencia. 433-6507.

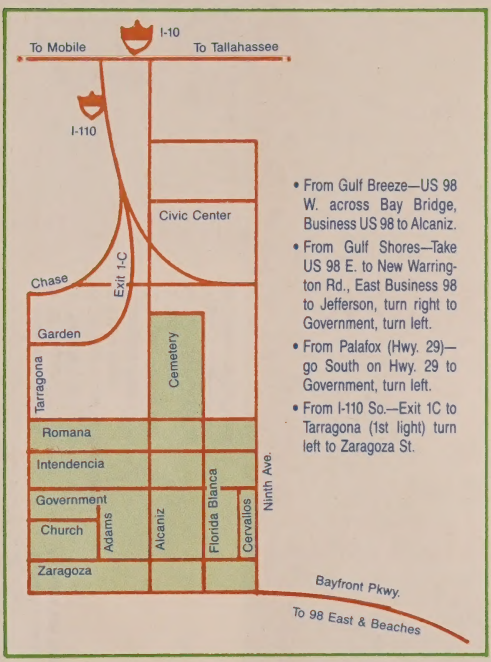
Calendar of Events

March 2–6	Mardi Gras and Street Dance
April 29	National Dance Week Festival—Seville Square 2–4 p.m.
May 13–20	Fiesta of Five Flags Celebration
May 19–20	Fiesta Mayfest/Jazzfest Seville Square
July 4	An Evening in Old Seville—Seville Square
September*	Seafood Festival Plaza Ferdinand and Seville Square
October*	Pensacola Open (Golf)
November 2, 3, 4	Greater Gulf Coast Arts Festival Seville Square
December 2	Christmas Walk

*To Be Announced

About our shops.

The Shopkeepers of Historic Seville Association welcomes you to our district. Our members place emphasis on quality merchandise and craftsmanship in tandem with old-fashioned personal service. Members serve the community as well as the thousands of tourists annually who appreciate fine shops, galleries, and restaurants. Most are located in restored, privately-owned 18th and 19th century cottages and mansions. Seville Square, the heart of the historic district, is a public park and the setting for festivals, art shows, and other events throughout the year. Parking in this unique cultural and shopping area is unrestricted on most streets. In addition to the buildings housing member shops appearing on this map, there are many other restored structures not shown containing offices and private residences.



FOR FURTHER INFORMATION

Please Contact

Shopkeepers of Historic Seville
P. O. Box 587
Pensacola, Florida 32593-0587

A little history about Seville and Pensacola.

Spanish colonists in 1752 established Pensacola as a permanent settlement near present-day Seville Square. Three earlier attempts had been made to colonize this area. The first settlement in 1559, which pre-dated the establishment of St. Augustine, Florida, was in the vicinity of Fort Barrancas, now a part of the Gulf Islands National Seashore. A second, strictly military occupation of that same area occurred in 1698, and in 1722, after a short period of occupation by and skirmishing with the French, the Spanish established a third settlement on Santa Rosa Island, near Fort Pickens. A hurricane destroyed this settlement in 1752 and the survivors moved to the mainland to an outpost called Fort San Miguel.

After the French and Indian War in 1763, the British took West Florida and occupied the crude stockage at "Panzacola". British surveyors in the early 1770s platted the Old City area and delineated the basic street system used today in the Historic District. Many of the lots in this area had corresponding garden lots located along present-day Garden Street.

After Bernardo de Galvez defeated the British in 1781, the Spaniards returned to Pensacola. The British stockade that covered the area between Seville Square and Plaza Ferdinand VII gradually deteriorated. When Andrew Jackson made his controversial forays into Spanish Florida against "runaway slaves and renegade Indians," he occupied Pensacola in 1814 and again in 1818. In 1921 Jackson accepted Florida from Spain in ceremonies in Plaza Ferdinand.

During the Civil War, Union soldiers rode their horses across Seville Square, and most of the homes facing the square were built during the decades after tht conflict.

Historical and civic groups as well as private investors are participating in the restoration of old structures in the Pensacola Historical District. The Architectural Review Board of the City of Pensacola must approve exterior modifications of existing structures, construction of new buildings, or destruction of an old house or outbuilding. The Historic Pensacola Preservation Board, a state agency established in 1967, provides leadership in the development of an overall restoration program for the district.